

19th Annual Groton Labor Day 5K and 1 Mile Fun Run *September 5, 2016*



7:30-8:45.....Race Day Registration
9:00.....1 Mile Fun Run
9:30.....5K Race

Sponsoring Organization:

This race is sponsored by, and is a fund raiser for the Groton Varsity Cross Country Program. All proceeds benefit the Girls' and Boys' Cross Country Teams. Every year's proceeds have helped fund trips to other competitions and to purchase team apparel.

Course Records:

Male	16:06 Stephen Getman 17:03 Adam Engst ('12) (M) 17:03 Casey Calstrom ('06)
Female	18:46 Murphee Hayes 20:19 Charlene Lyford (M)

Course Map:

Web address @: <http://www.usatf.org/routes/view.asp?rID=12258>

The course follows village streets (2.5 miles), an old railroad bed (.5 miles), and finishes on the high school track. Some flat terrain, with a few steady inclines and declines, and one short, steep hill just before the mile.

Entry Fees:

Pre-Registered prior to August 27 will be \$14 for Students, \$18 for adults, & 1 mile Fun Run (**FREE**). Registrations after August 27 (9/02 online) and race day will be \$20 for students, \$25 for adults.

***Team Discounts Available (5+ athletes...email Scott)

***Fun run competitors can purchase a T-Shirt for \$8 —>Send order with this application. **Quantities are limited!**

***Registrations not received by race day will be considered not sent and you will need to register on race day.

Please Make Checks Payable to:

"Groton Sports Boosters, Cross Country"

Scott Weeks, Race Director
Groton Central School District
400 Peru Rd.
Groton, NY 13073

Awards:

- *Ribbons to every finisher in both races
- *Top 3 & Youngest in the Mile Fun Run
- *Plaque to top 3 male & Female in 5K
- *Plaque to top Masters male & female
- *\$25 Gift Certificate to top male & female in 5K
- *Medals to the top 3 in each age group (<15, 15-19, 20-29, 30-39, 40-49, 50-59, 60+)
- T-shirts to first 100 entries received

SITE:

Groton High School
400 Peru Rd.
Groton, NY 13073

Parking, Restrooms, & Showers will be available near registration.
Refreshments post race.

RACE Check One

1 Mile _____ **5K Race** _____

T-Shirt Check One

Sm _____ **Med** _____ **Lg** _____ **XL** _____

Name (Print Clearly): _____

Address: _____

City _____

State _____

Zip _____

Phone _____

Age (Race Day) _____

Gender _____

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Village of Groton, Property owners, Groton Central School and it's officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Groton Labor Day races. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____

Date _____

Signature of parent or guardian (if under 18) _____

Applications & Questions

Contact Scott sweeks@groton.cnyric.org

Additional applications www.grotoncs.org

Select "Athletics"

Online: www.RunSignUp.com